

# Family and Friends Peer Support Group

**Sundays - 18:00 - 19:30**



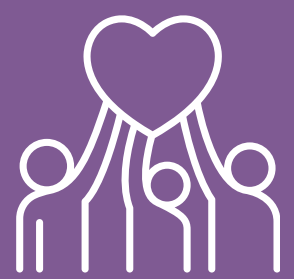
## Who We're Here For

Our Peer Support Group is for those struggling with a loved one's substance use or recovery. Whether you're a family member or friend, find understanding, shared experiences, and support here. Join us on the path to recovery together.



## What We Cover

- **Sharing Practical Tools:** Explore actionable strategies to navigate challenges.
- **Coping Techniques:** Learn effective ways to cope with the impact of a loved one's substance use.
- **Personal Experiences:** Exchange stories and insights with others facing similar situations.
- **Insightful Discussions:** Engage in meaningful conversations about the recovery journey.
- **Community Understanding:** Connect with a supportive community that truly comprehends your experiences.



## Get Involved

- ☎ 02920 227 019 - 07944 851 050
- ✉ [familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk)
- 🌐 [www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)
- 📍 Cardiff Recovery Centre, CF5 1GX